



NATURE'S SUNSHINE

Krill Oil (With Vitamin K2)

GOOD FOR

Cardiovascular system

Brain

Joints

SIZE **60 Capsules**

ITEM # **1516**

SERVING **1**

SUPPLY **30-60 days**

DIRECTIONS FOR USE Take 1 softgel with a meal one to two times daily.

— How the Key Ingredients Work

This formula pairs the clean omega-3 power of Antarctic krill oil with the bone-and-artery support of Vitamin K2, giving your body two complementary nutrients that work together to keep you feeling your best from the inside out.

Krill Oil — Sourced from tiny Antarctic shrimp called krill, this oil delivers the omega-3 fatty acids EPA and DHA in a form your body absorbs especially well. Research shows krill oil supports healthy triglyceride levels, promotes better circulation, and helps the body manage everyday inflammation — all in one small softgel.

EPA (Eicosapentaenoic Acid) — EPA is one of the two key omega-3s found in krill oil. It helps keep inflammation in check throughout the body, supports healthy blood flow, and plays a role in keeping triglyceride levels in a normal range. Studies show EPA is particularly helpful for heart and vascular wellness over the long term.

DHA (Docosahexaenoic Acid) — DHA is the second essential omega-3 in krill oil and is naturally concentrated in the brain, eyes, and heart. It supports healthy blood vessel flexibility, helps maintain normal triglyceride levels, and contributes to the kind of everyday vascular health that keeps your whole body running smoothly.

Vitamin K2 (Menaquinone) — Vitamin K2 is the standout form of vitamin K for long-term wellness. It activates special proteins in the body that help direct calcium where it belongs — into bones and teeth — and away from places it shouldn't build up, like artery walls. This makes it a smart partner for both bone strength and cardiovascular health.

Astaxanthin — Krill oil naturally contains astaxanthin, a pink-red antioxidant pigment that gives krill their color. Astaxanthin helps protect the omega-3 fatty acids in the oil from breaking down, and research shows it also helps defend the body's own cells against everyday oxidative stress, supporting overall resilience and vitality.

Omega-3 Phospholipids — Unlike most fish oils, the omega-3s in krill oil are packaged as phospholipids — the same structure your cell membranes are made of. This means your body recognizes and absorbs them more readily, so you may get more benefit from each serving compared to standard fish oil triglyceride forms.

Vitamin K (Bone Support) — Vitamin K is essential for activating osteocalcin, a protein that helps anchor calcium firmly into bone tissue. Clinical research including multiple randomized trials confirms that vitamin K supplementation supports healthy bone mineral density, particularly in the lumbar spine, making it a foundational nutrient for lifelong skeletal strength.

Vitamin K (Arterial Support) — Beyond bones, vitamin K — especially the K2 form — helps activate a protein called matrix Gla-protein that works to keep calcium from accumulating in artery walls. Research published in Disease Markers confirms vitamin K's role in supporting arterial flexibility and reducing the kind of stiffness associated with aging blood vessels.

 (888) 510-7196  service@caringsunshine.com

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